

CLUB NAHA

KARATE-DO

Requirements for 5th Kyu
Minimum time requirement from last rank: 4 Months

Dachi: Stances

Improve prior stances

Uke: Block

Shuto Uke (Jodan, Chudan, Gedan): Knife Hand Block

Ate/Uchi: Strike

Uraken (Mae and Kumakami): Back Fist Strike

Shuto Uchi: Knife Hand Strike

Ushi: Knife Hand to Throat

Keri: Kick

Yoko Geri: Side Kick

Tobi Geri: Jump Kick

One Step Sparring

So Sang: 3

Kata: Formal Exercise

Yoso No Kata #3: Form of Expectation #3

Yoso No Kata #4: Form of Expectation #4

